



# Mushroom Quiche

*Serve this dish with whole wheat toast and 100% orange juice for a balanced start to your day.*



## INGREDIENTS

- |                                |                                      |
|--------------------------------|--------------------------------------|
| nonstick cooking spray         | ¼ teaspoon dried thyme               |
| 1¼ cups sliced mushrooms       | ¼ teaspoon ground black pepper       |
| 3 green onions, finely chopped | ½ teaspoon dried mustard             |
| 1 clove garlic, finely chopped | 1 cup egg substitute                 |
| 1½ teaspoons dried oregano     | ¾ cup nonfat milk                    |
| 2 teaspoons dried basil        | ¼ cup shredded lowfat Cheddar cheese |
| ¼ teaspoon salt                |                                      |
| 1 teaspoon dried marjoram      |                                      |

## PREPARATION

1. Place an oven rack in the lower third of the oven. Preheat oven to 375°F.
2. Spray a large skillet with nonstick cooking spray and heat over medium-high heat.
3. Sauté mushrooms, green onions, and garlic until tender, about 5 minutes.
4. Stir in oregano, basil, salt, marjoram, thyme, ground black pepper, and dry mustard. Cook until liquid is evaporated, about 2 minutes.
5. Let the mushroom mixture cool for about 5 minutes.
6. In a medium bowl, combine egg substitute, milk, and cheese; beat well.
7. Combine the batter with the mushroom mixture and pour into a 10-inch pie dish.
8. Bake for 35 to 45 minutes until filling is puffed, set, and starting to brown. Serve while hot.

**Makes 6 servings.** 4-inch slice per serving.  
**Prep time:** 15 minutes **Cook time:** 1 hour

**Nutrition information per serving:** Calories 58, Carbohydrate 4 g,  
Dietary Fiber 1 g, Protein 8 g, Total Fat 1 g, Saturated Fat 0 g,  
Trans Fat 0 g, Cholesterol 3 mg, Sodium 280 mg